

BOW VALLEY RESOURCE

Including Arrowwood, Milo, Queenstown, Shouldice and Mossleigh

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ARROWWOOD, ALTA., OCT. 31, 1935

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Here and There

Our vanishing wildernesses have for some time elicited the concern of conservationists, but now science is bespeaking our solicitude in behalf of some of the glaciers which bid fair to disappear within a few decades. If scorching summers succeeded by mild winters became the rule, Dr. Francois E. Mathews, of the United States Geological Survey, fears that within another 50 years Glacier National Park, Montana, may be minus its glaciers. Mount Rainier National Park, Washington, also has suffered from heat prostration. At no time within the memory of living persons has the recession of the ice rivers in these areas been so rapid as during the long-protracted heat wave of 1934. During normal winters snowfall and rigidity are wont to replace to a large degree the melting signs of summer.

Third annual competition for the most beautiful autumn-tinted Maple Leaf is announced by the Canadian Government through the Canadian Forestry Service at Ottawa in co-operation with the Canadian Pacific and Canadian National Railways. The prize list for the 1935 competition provides for a total of \$100, of which \$100 goes to the person sending in the most beautiful, a second prize of \$40 and a third prize of \$20. In addition a prize of \$20 for the best with largest area, and for second largest \$10 will be awarded.

"Steel of Empire," the recently published work by John Murray Gibbon, while really the story of the Canadian Pacific Railway, has so much of other Canadian history that it will find a permanent place as one of the outstanding contributions to the records of the Dominion. Starting with the first known arrival on the coast, a Chinaman, Hui Sien, in British Columbia at the end of the fifteenth century, Mr. Gibbon traces the romantic growth of the Canadian Pacific, many centuries later, with a wealth of incident and detail, the author's long association with the railway having been of the utmost value.

Possessing one of the finest collections in the world of colored pictures of scenes in the heart of the Rocky Mountains, of wilderness, of haunts, recently exhibited them to the Women's Canadian Club at an illustrated lecture at the Vancouver Hotel. The pictures included scenes of mountains, valleys, lakes and birds, animal and flower.

Brangeline Booth, 49-year-old commander-in-chief of the Salvation Army, told the "story of the Army" to the Men and Women's Canadian Club at the Royal York Hotel, Toronto, recently. "I was born in the Salvation Army," she said, "but I have seen it as a common thing to me. It has always been a miracle in my eyes."

Keen outdoor man, enthusiastic member and past president of the Trail Riders of the Canadian Rockies and a leader in the ranks of the Trail Riders, J. M. Ward, chief engineer, National Parks of Canada, well-deserved promotion to the post of deputy minister of the Department of the Interior, Ottawa.

Premier Dwyer, of New Brunswick, was the chief speaker recently when the City of Saint John played host at a dinner in the Admiral Beatty Hotel to New Brunswick's guides at their twenty-seventh annual convention. Heavy fall guiding affected attendance, but a good membership under the chairmanship of William T. Griffin, of Miramichi, president of the Association, enjoyed a successful gathering.

TRAIN SCHEDULE AT GLEICH

FROM WEST

No. 2-4:47 a.m.
No. 510 - 8:10 p.m. Calgary-Bassano Local.

No. 4-10:11 a.m. Does not stop.

FROM EAST

No. 3-6:12 a.m. Does not stop.
No. 515 - 7:45 a.m. Calgary-Bassano Local.

No. 1-8:25 p.m.

Jack Dennett, the youngest radio announcer in Alberta and for two years a member of the staff of CFAC Calgary, recently achieved a long standing desire, when he was assigned to the complete duties of "Riverview," the highly program of London's leading music hall artist, heard every Tuesday and Thursday over CFAC at 9 p.m.

Many Refinements in Ford V-8 Cars for 1936



FORD V-8 CARS for 1936 feature a completely new exterior treatment with new hood and fender styling, new grille and headlamps, new wheels and many detail refinements. Interiors are new with the style and color of instrument panel and mouldings to harmonize with upholstery, trim and appointments. Quiet helical gears are now used in all forward speeds and reverse. Steering effort is estimated to be reduced more than 25 per cent. ABOVE-The Tudor touring sedan, with commodious built-in trunk. Note the new wheels with 18-inch hub caps and the longer body lines. INSET-The redesigned front end. Streamlining steps ahead. Fenders have sweeping inward flare and horns are now carried behind grille in the fenders. Hood louvers are nicely styled.

Remembrance Day

The Eleventh of November has been set apart by the Government of Canada as "Remembrance Day." On this date seventeen years ago the Great War ended. A war which lasted over four years and in which 572,208 men and women of the British Empire, including 60,000 Canadians, laid down their lives for honor, justice and freedom.

"Remembrance Day" is not a holiday; it is a Holy Day, sacred to the memory of our dead.

New Organ Series

On Monday, Nov. 4th, Cecil Kappay, CFAC organist heard every week-day morning at 9 at the console of the Palace Theatre organ in Calgary will introduce a new series of daily broadcasts. On Monday the service will be "Helping with the Washing," a gay program to lighten the burden of Blue Monday. On Tuesday Cecil will devote the half hour to "The Old Folks," familiar songs from out the past to cheer an aged heart. Wednesday's program will be presented in verse read by CFAC's chief announcer Pat Freeman. Thursday will cater to the wishes of the Sub-Inn, "Fish Day Favorites" on Friday is more apt to be a variety of this and that, while on Saturday the "School Kids" will have the say as to what Cecil Kappay shall play.

Brethren Church Notes

The Ordinance service appointed for Saturday evening will be postponed. Sunday School at 10:30 a.m. Sunday morning sermon by the Pastor.

The Sunday evening service will be in charge of the Norton family, followed by the Pastor's discourse. Bible School begins next Tuesday. There are no charges for school work, which is an added inducement to take advantage of this opportunity.

"Charms strike the sight, but merit wins the soul."—Pope.

The Ford V-8 Cars for 1936

Ford V-8 cars for 1936, of which details have just been announced by the Ford Motor Co. of Canada, Limited, reveal no radical changes in design but a number of mechanical refinements and attractive new front end appearance.

Body lines which strike a new note in conservative streamlining, a new treatment of the interiors and three important refinements in chassis engineering summarize the principal improvements. The 90-horsepower V-8 engine, of which more than 2,000,000 are now in operation, is unaltered.

Of the three principal chassis improvements, one—improved steering—is aimed at greater rate and safety of operation. Two others tend to greater comfort. One is the use of new steel wheels which lessen the unsprung weight and thus provide greater riding comfort. The other is an improved transmission using quiet helical gears—formerly used only in second and high speeds—in all forward speeds and reverse.

A new front-end treatment gives added distinction to the body lines. The hood is longer

extending gracefully over the attractive new radiator grille. With its vertical slots and more accentuated "Vee" as well as its smoothly rounded edge which blends with the streamline curve of the inner portion of the fenders, the grille contributes a new note of smartness.

Horns are now recessed in the aprons of the new streamlined fenders, back of small round grilles beneath the streamlined headlamps. Louvers are of new design.

The welded steelbody is low and wide, with flowing rear quarter lines. Finish is a Ford-developed baked enamel. There are five body colors, Washington blue, gray Vineyard green, Cordoba tan, gunmetal and black, of which the first two are new.

Ten body types are available.

It is estimated the effort required in steering has been reduced more than 25%. Tires are again 6.00 by 16 in., 30 pounds pressure.

The cooling system has been improved and its capacity increased to provide adequate cooling under exceptionally severe conditions.

True merit depends on neither line nor mode—French proverb

ARROWWOOD ITEMS

Mr. and Mrs. N. Nissen were visitors in Arrowwood on Sunday.

E. E. D. Archambault was a visitor to Calgary last Thursday, returning home on Friday.

Mr. and Mrs. J. Mackie visited with friends in Milo on Sunday.

Mr. Frank Hall and family spent Thanksgiving evening with Queenstown friends.

Mr. Russell Terichow has moved into the Cecil Culp property in Arrowwood.

Born—At Mrs. Lewendon's Nursing Home, on Saturday, Oct. 26th, to Mr. and Mrs. C. E. Swanson, a son.

Born—On Sunday, Oct. 27th, to Mr. and Mrs. Russell Terichow a daughter.

Born—At Mrs. Lewendon's Nursing Home on Tuesday Oct. 29, to Mr. and Mrs. Stewart Hayes, a son.

Mrs. T. T. Williams who recently underwent an operation in Calgary is expected home the end of the week.

Word has been received that a son was born to Mr. and Mrs. Everett Brubaker, of Calgary, on Oct. 17th.

This weather is not very favorable for those outfits intending to complete threshing this week.

Born—D. Vladimir returned on Sunday last from Lethbridge where she had been visiting with her parents.

Lost—Last Sunday night, on north road to Mossleigh, tire, wheel and bracket for Model A Ford. Finder please leave at Resource Office.

Mr. S. M. Burger was quite ill on Saturday night. More recently he has been considerably improved. Francis Mason is doing the chores.

Geo. Tucker of Montreal spent a few days this week visiting his sister-in-law, Mrs. Russell Fonger.

Mr. Russell Culp moved the household effects of his brother Cecil to Himsley, Alberta, where the latter is employed by the Power Company.

Miss Grace Brubaker has arrived from Kindersley, Sask., where she has been in pastoral charge for some time. She will be both a teacher and a pupil in the Arrowwood Bible School.

The Bible School will begin in the Church of the Brethren, Arrowwood, on Nov. 5th. Bible courses, training classes and music classes will be conducted by efficient and capable teachers.

Mr. Paul Lehman has been wrecking a house in Gleichen. The material is being moved to the farm East of Arrowwood, where a house will be erected to replace the one destroyed by fire last year.

Regular Meeting of the Marquis Municipal Council

The Marquis council met at the office in Milo, on Monday last, with all the members of the council present, Reeve Ward presiding. Councilors Dunn and Bertand were appointed delegates to attend the Municipal Convention in Edmonton on the 20th, 21st and 22nd of November.

A by-law for dividing the Municipality into divisions was given the final reading. The matter of dividing the district into divisions was taken up at the last annual meeting and approved by the ratepayers present, also, was the vote taken on election day last. This by-law calls for only the proprietary electors to vote.

The next meeting of the council will be held at the office in Milo on the 4th day of November, 1935.

MILO NOTES

A shower was held last Friday at Shouldice for Agnes Palmer together with a social evening and dance for the bride and groom.

Charlie Northcott had a miraculous escape from serious consequences when he crashed into a grader with a truckload of wheat.

Mr. and Mrs. Thomas from the southern district of Milo are moving into town for the winter months.

A shower was given for Miss Triebly Louis at Mrs. Roy Allan's home last week. Her marriage with Gordon Ivers will take place soon.

Leonard Northcott has left for a month's visit with his sister, Mrs. Bert McCubbin, at Ladner, B.C.

Mr. and Mrs. Ralph McCumber are moving from their farm south of Queenstown into Milo.

Local and Personal

The small son of Mr. and Mrs. E. Swanson had the misfortune to fall and break his arm last Saturday. He was attended by Dr. E. J. Liesemer.

The W.A. of the Arrowwood United Church will hold a bazaar and fowl supper in the Brethren Church Basement on Saturday, November 16. Bazaar commences at 3 o'clock. Supper at 5:30. Price—adults 40 cents, children 25 cents.

Due to the recent snowstorm and cold weather, the Social and Business meeting arranged by the citizens of Mossleigh and Arrowwood which was to be held in Phillips Hall last night was postponed—date to be announced as soon as arrangements can be made.

Mr. and Mrs. Jas. Ward returned Saturday evening from a visit with relatives in Saskatchewan. They got home just in time to avoid being stranded in the snow. Mr. and Mrs. Ward have been ordered to replace the one destroyed by fire last year.

Radio Talks By Wheat Pools of Western Canada

The grain growers of Western Canada, as well as all others who may be interested, are invited to listen in to a series of radio talks to be presented by the three Wheat Pools of Western Canada.

Following is schedule for November:

November 6—The Wheat Pools and Their Objectives—G. Brouillette
November 13—The Farmer in the Modern World—H. W. Wood
November 20—The Canadian Wheat Board—Paul Brett
November 27—Alberta Gives An Answer—R. D. Furby

8.00 to 8.15 p.m. Mountain Standard Time

Alberta Wheat Pool

You'll like the rich, full
flavour of Salada. Orange
Pekoe Blend. Try a package.

SAFETY

Looking Forward

Never in the history of the country have the actions and policies of an incoming government been subjected to such close scrutiny as will be the decisions and doings of the new Macdonald King Liberal regime, which was returned to power with such overwhelming support from all parts of the country on October 14.

The reason for this assertion is not far to seek. Canada is apparently just emerging from a prolonged period of agricultural and world-rooted economic depression. On this period pocket books have been hard hit. Much misery has prevailed as the standard of living for a very large percentage of the population steadily declined. The cost of operation of all governments, federal, provincial and municipal have necessarily mounted to meet the demands for assistance from all classes of citizens, bringing in its train increased taxation at a time when people could ill afford it. Some of the expenditure has been met as it was incurred. Much of it has been pushed ahead for future liquidation.

As a result, all governmental units are faced with the difficult problem of operating economically so as not to bear down harder than necessary on individual resources and at the same time maintain a growing list of public services which the people have become accustomed to expect, and these conditions the governments are expected to cope with while an accumulation of indebtedness is being paid off. It looks like a herculean task.

The fact that such a large proportion of the population has felt in varying degrees the intensity of the six depression years has in itself stimulated a much greater interest in the affairs of the country, the province and the municipality than the people evinced in years of comparative plenty.

In good times the citizens are prone to take but a cursory interest in their own public affairs and usually only just about election time, but when times are hard and unfortunate conditions arise right into the home, people begin themselves become vociferous. And that is exactly what happened on October 14 and for many months prior to that date.

And now that the people have spoken their mind quite definitely it is safe to assume that, for a time at least, they will follow up their decision, by continuing to take a keen and watchful interest in what their representatives at Ottawa do. The interest so recently stimulated is not likely to be immediately extinguished now that the die is cast, and one of the reasons for this is the fact that even if the so-called prosperity corner has been turned, there is still a long climb ahead before the peak is reached.

For some time to come the upward struggle will be difficult. The road will be rocky in places and thorned bushes line the path. The inevitable temporary setbacks will be experienced and doubtless there will be some who will become impatient.

Whatever measures the new federal government may have in mind to mould the highway and make the journey easier must await the necessary preliminary discussions and decisions and subsequent announcements and they must be put into operation before a final verdict as to their effectiveness can be pronounced.

It must be borne in mind that it took several years after the big avalanche of the fall of 1929 before the floor of the depression valley was reached. It is only reasonable to suppose that it will take as long, perhaps longer, to reach the summit as it required to touch bottom. Past experience has taught this lesson for those whose memories are long enough.

Canada, however, has come through this trying period in better condition than many other less fortunate nations. She has preserved her democratic institutions. The fortune and courage of her people have proved a bulwark during the difficult period. Her financial integrity and credit have been preserved unimpaired. Her people have not starved nor frozen. Materially, she has not sustained such severe shocks as have been the lot of citizens of many of the other countries of the world.

With these assets to sustain the people in their progress towards recovery, plus such assistance as a stable government is able to give within its limitations, Canadians have every reason to look forward with hope towards the future.

And stable government, too, will be able to play an important role in the forward move to better times and improved conditions. It is true there are many who are disappointed that the political party of their choice was not successful at the polls on October 14, but even they will join the majority in expressing approval that the winning party was returned to office in sufficient strength to ensure a government that will be unhampered by the necessity of temporizing at a time when stability and a straightforward course is essential if a maximum of progress is to be enjoyed.

Even so, all eyes will be turned on Ottawa during the next few months.

Winter Food For Bees

To pack bees away for winter without an adequate food supply is to court disaster. It is far better says the Dominion Apiarist, to find living colonies with a surplus of food in the spring, than to discover them dead or depleted through starvation.

A ram was sold recently in Sydney, Australia, for the world-record price of \$2,585.

England is going back to the land under scientific protection.

Spain lists its population from the United States at 1,012.

Making Home In Surrey

The Duke of Gloucester and his bride-to-be, Lady Alice Scott, will make their first home at Camberley, Surrey, 36 miles from London. The Duke is a major in the Hussars and was nominated to the Staff College at Camberley by the War Office recently. It is expected the Duke will join the college next January.

Although a sea lion can consistently eat 20 pounds of fish a day, it can also endure long fasts, living entirely on its reserve fat.

Lincoln, England, has just opened its 1,000th municipal house.

DON'T RISK BAKING FAILURES . . .

LESS THAN
1¢ WORTH OF
MAGC
gives a fine
cake every time!



BAKE with MAGIC and be sure of good results! This dependable baking powder is used and recommended by Canada's leading cookery experts because it gives better results. Order it today!

CONTAINS NO ALUM—This statement on every tin is your guarantee that Magic Baking Powder is free from doses of any harmful ingredients. Made in Canada.

Diamond Mines in Canada

American Geologist Believes There Is Hidden Wealth In This Country

A geologist and an industrial diamond expert voiced the belief that beneath the soil of Canada lie diamond fields far richer than those of South Africa.

Professor A. S. Purdon, of Western Reserve University, and D. W. Carter, head of a diamond tool company, agreed that authenticated diamond discoveries in the United States support the Canadian theory.

They said the glaciers of thousands of years ago carried to this country many precious stones together with millions of tons of Canadian rocks and minerals.

Carter asserted he subscribes to a theory that northern Canada was a jungle before nature began forming gems in South Africa. "Therefore," he added, "Canada would contain far greater deposits of riches than the comparatively new dark continent."

POULTRY RAISER CONQUERS "GROUP"

Proves Minors' Liniment A Remedy For Roup or Bronchitis

Read in the letter from G. M. Mitchell, Port Perry, how he checked Roup (Bronchitis) when it broke out among his young hens. "After trying other remedies," he writes, "I procured a bottle of Minors' Liniment, and in six drops on the throat and wings, it checked it before it got out of hand. I am now a convert to this remedy for Roup, Roup and Roup, and for Roup and Roup, and for Roup and Roup. For sale by all druggists."

Weathered Rough Gales

Fifty-Four Yacht Makes Safe Voyage Across The Pacific

Three months out from Yokohama, with auxiliary engines disabled three days after departure, the 50-foot schooner "Fifty-Four" arrived at Victoria after weathering almost continuous head gales across the Pacific.

The yacht was skippered by Captain Ernest Green, former master of the Canadian Pacific liner Empress of Asia, and carried a crew of two. The skipper's 15-year-old son Philip, an engineer, and John Hunter, former Victoria, also sailed.

"I've spent 40 years at sea, part of that time on old square-riggers, but these waves seemed like huge mountains with the snow coming off," said Captain Green, telling of the worst blow on Sept. 21.

"The Romance rode them beam on with bare poles, taking them in beautiful fashion and shipping no water. But when I saw one comber coming that must have been 50 feet high, I truly thought we were done for and uttered a prayer. But we made it. Then we put on two old logs, one at the fore rigging and the other at the main. And the effect was instantaneous; the seas calmed and we breathed easier."

"The Romance is as safe as an Empress, though it may not be as comfortable. The French government thinks so, for it is the French officials in Indo-China asked the builders for specifications. With more power this type of craft would be ideal for service in the tropics."

Captain Green chose the old-time sailing ship track over 40 north latitude and sighted only one craft, a Japanese vessel, on the trip from the Yokohama breakwater.

The voyage was the culmination of a lifetime ambition of a seaman who retired last year and who made the crossing many times as master of the 17,000-ton Empress of Asia until he reached the retirement age.

Population Of World

Estimated It Will Be Six Billion By The Year 2100

It has been estimated that by the present rate of increase continues the world will have no fewer than 6,000,000,000 people to feed, clothe and house by the year 2100—less than 170 years in the future. The number of people is regarded as about as many as the old earth can comfortably cater for unless its soil is taught to yield more bountiful crops than it does at present. To-day the world population is only about 1,900,000,000.

Dustless Auto Plates

German traffic police are testing a new license plate for motor cars with numbers which cannot be covered up by dirt. The number is cut into the plate in such a manner that the dirt rises through the openings of the figures.

Another myth in smithereens: Nero didn't fiddle while Rome burned for the simple reason that that city's conflagration came in 64 A.D. and the violin wasn't invented till many years after.

South Rhodesia will establish an air force reserve.

New Engineering Marvel

Installed The Longest Escalators In The World

After five years burrowing and boring and propping, encasing, and otherwise safeguarding numerous overhead public services, the London Transport Board, as successors to the tube authorities, were able to open recently the new Leicester-Square Station. In many ways the achievement is an engineering marvel. Many difficulties had to be encountered through one moderate-sized hole in the roadway thousands of tons of materials had to pass. The contractors used a million bricks, 7,000 tons of cement, and 1,350 tons of steel, and they excavated 34,000 cubic yards of clay. A circular bookish-inch with shops and showcases like those at Piccadilly, all artistically treated and with soft diffused lighting, is a handsome feature of the building. There are five staircases, entrances from the street, and three of the escalators are 161 feet long—the longest in the world—and capable of a speed of 180 feet per minute.

Water Fowl Coming Back

Drought stricken areas of Southern Alberta where bird life disappeared a few years ago because of lack of food and water are being revisited by water fowl. On a lake at Truxton nine blue herons were recently observed; also golden plover and the rare painted species.

••NIGHT COUGHS

Quickly Checked
...Inducing
Restful Sleep

Just rub on
VICKS
VapoRub

RELIEVES COLDS WITHOUT "DOSING"

BANISH RHEUMATISM

Sleeplessness

Take PHOSFERINE. Thousands endorse this great British tonic for the quick, sure way it ends rheumatic aches and stiffness, and soothes the nerves. PHOSFERINE now—just a few tiny, economical drops each day. FOR

Patagonia—Bismarck—General Debility
Indigestion—Constipation—Sex
Neurasthenia—Chlorosis—Neuralgia—Nervous
Weakness of Appetite

PHOSFERINE

THE GREAT BRITISH TONIC

At Your Drug Store—In Liquid or Tablet Form at the following reduced prices:

3 Sizes - 50c - \$1.00 - \$1.50

The \$1.00 size is nearly four times the 50c size, and the \$1.50 size is twice the \$1.00 size.

ONLY APPLEFORDS OFFER YOU THE CONVENIENCE OF THIS EXCLUSIVE KNIFE EDGE THAT MAKES IT EASY TO TEAR OFF THE EXACT LENGTH REQUIRED.

Appleford's Para-Sani

HEAVY WAXED PAPER

BIG size BIG value BIG satisfaction

BIG BEN

THE PERFECT Chewing Tobacco

Latex Fabrics Useful

Has Lately Been Used Extensively For Women's Garments

Latex fabrics have played an increasingly important role during the past year and a half, and have become popular materials for fall and winter wear.

Being impervious to water, Latex made invaluable bathing suits for the summer, and likewise will go into the smart ensembles for shooting, golf, skiing and skating. Special tweeds woven with Latex have been used for these sport suits with specially reinforced bands at the wrists and ankles of ski suits to keep out the snow. There are leather gauntlets which fit closely at the wrist with jersey Latex bands.

Latex has been used extensively for women's underwear in tulle and lace as well as jersey. These garments have all the advantages of the strongest claret without any of the disadvantages of old-fashioned corsets and girdles. Lightweight materials control the curves and can be laundered easily without losing any of their qualities. For large women, girdles and corsets are made of Latex combined with a satin which has been reinforced by Latex to keep the figure firm.

This same wonderful material is made in attractive weaves by upholsterers who have discovered that it is particularly practical for spring seats which were formerly covered by loosely cut plain fabrics, and give play to the springs.

Horseshoe Pitching

Americans Discard All Else To Play Barnyard Golf

Horseshoe pitching, better known as barnyard golf, is becoming almost as popular as bridge around Boston, Mass. Vacant lots have been turned into playing risks and short tracts of land adjacent to homes have been given over to the game, where the clanging of the irons is heard for hours at a time.

Women are becoming fascinated and many leagues have been formed, teams vying for honors with a competitive spirit that is almost amazing.

Dr. H. W. Edwards, of the University of California, has developed a "panco" mirror, which reflects all colors alike. The new device is said to be 98 per cent. efficient.

Grain Export Heavy

A heavy movement of grain for export continued at Montreal. In the first week of October 2,700,000 bushels were loaded and at the beginning of the second week another million bushels were ready to go. At the same time 23 lake vessels were in port with cargoes totalling 1,500,000 bushels.

Any weight you may lose by excessive perspiration is shortly restored to your body when you drink water, tea, coffee, etc.

A Law Every Mother Should Know and Observe

Never Give Your Child An Unknown Remedy without Asking Your Doctor First

According to any doctor you ask, the only safe way is never to give your child a remedy you don't know all about, without asking him first.

When it comes to "milk of magnesia," that you know every where, for over 60 years, doctors have said "PHILLIPS' Milk of Magnesia for your child."

So—always say Phillips' when you buy. And, for your own peace of mind, see that your child gets this, the finest men know. Made in Canada.

Safety for You and Yours. Phillips' Milk of Magnesia is a safe remedy for all ailments. Do this in the interest of your child's health. It is the only safe remedy in the family.

PHILLIPS' Milk of Magnesia.

FOR COUGHS, Colds, Bronchitis, Mathieu's Syrup

Mathieu's Syrup

FOR COUGHS, Colds, Bronchitis, Mathieu's Syrup

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Mathieu's Syrup

Mathieu's Syrup

Mathieu's Syrup

No wonder Purity Flour is a favorite for bread. Its richness in nourishing gluten is supplied by Western Canada's hard Spring wheat. A strong flour that goes farther—economical.

PURITY FLOUR

Best for all your Baking

MISS ALADDIN

—By
Christine Whiting Farmer
Author of
"One Wide River to Cross"
"The Unknown Top," etc.

SYNOPSIS

Nancy Nelson is a sub-city, a girl, irresponsible girl of nineteen, with no care beyond the choice of her costume for her coming-out party. Suddenly, in the market crash, her indulgent father loses all he had, and his family is faced with the necessity of a simpler method of living. At this juncture a letter is received from an eccentric relative in Colorado, who offers the girl a home of what seems to be impossible conditions.

After much consideration Cousin Columbine's offer is accepted, and Nancy and Jack arrive at Pine Ridge. Nancy set out one afternoon to climb to the top of a hill so as to obtain a view of the surrounding landscape and witness the path Aurora took.

Medicated with ingredients of Vicks VapoRub
VICKS COUGH DROP

If you want to feel
WONDERFULLY
BETTER

take
WINCARNIS
THE
GREAT TONIC

THAT SOOTHES NERVES
ENRICHES BLOOD
BUILDS NEW VIGOUR

At all good Drug & Dept. Stores
Sole Agents, Harold E. Ritchie
Co. Ltd., Toronto

4 to 5
TIMES
MORE QUICKLY
DIGESTED THAN
COD LIVER OIL

Science has discovered why Scott's Emulsion of Cod Liver Oil is so much more beneficial than plain Cod Liver Oil. All plain oils are hard to digest; they are emulsified in the stomach. We emulsify the oil in our laboratories here it is ready for almost immediate digestion and assimilation.

SCOTT'S
EMULSION
THE DIGESTIBLE COD LIVER
OIL WITH THE PLUS VALUES
For sale by YOUR DRUGGIST

Edwardsburg
CRACKNUT BREAD
The Leading
CORN SYRUP
"THE FAMOUS
ENERGY
FOOD"
A product of THE CANADA STARCH CO., Limited

added: "If all those complimentary newspaper reporters knew I was terrified at the thought of ending my days in a wheel-chair, I guess they'd be frightfully disillusioned!"

"Disillusioned?" Matt's eyes flashed with protective indignation. "Disillusioned? Why—"

"Are you planning to stay to dinner, Matt Adam?" called Aurora shrilly. "If so, and you're willing to carry up three trays, you and Miss Columbine can eat with Nancy. What say?"

CHAPTER XXII.

"I am well aware, dear Cousin James," wrote Columbine Nelson on the first day of May, "how anxious you are to get your heroic young folks back; but nevertheless, I am going to ask a favor: Let them stay where they are. It is time to fill out again. Jack has spent the morning looking so splendidly fit, morning he started off for Prairie Ranch that I can't bear to send him home to you as guests. Having no books to read, the idea of starting a public library at Pine Ridge seems a good one, and Nancy writes home to get others to let them have."

Nancy's parents and friends gave their liberal support to her request for books and a storable box arrived in the library, and the Adam boys worked on the shelves for the books and decorations to make the room look presentable.

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Don't Guess But Know

Whether the "Pain"
Remedy You
Use is SAFE?

Don't Entrust Your
Own or Your Family's
Well-Being to Unknown
Preparations

THE person to ask whether the preparation you or your family are taking for the relief of headaches is SAFE to use regularly is your family doctor, and his particularly about "ASPIRIN."

He will tell you that before the "Aspirin" was known, "Jaco" remedies were advised against by physicians as bad for the stomach and, often, for the heart. Which is food for thought if you seek quick, safe relief.

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"Aspirin" Tablets are made in Canada. "Aspirin" is the registered trademark of the Bayer Company, Limited. Look for the name Bayer in the form of a cross on every tablet.

Demand and Get
"ASPIRIN"

fort of the new 'edam being given over to the older Adams, Cousin Columbine, and Jack. Nancy caught her breath at occasional glimpses of distant mountains, some snow-rimmed.

"I'm all but speechless over this scenery," she confessed while the boys smiled in amusement at her enthusiasm, "yet those two idiots" (with a backward glance toward Luke and Mary Taylor, seated on cushions in the rear), "are jabbering away as if there were no 'wonders' to behold."

"Love's young dream, lady," Mark opined as he slowed down for a 'thank-you-mam.' "Luke's always been a dreamer or less what Aurora called 'sweet' on Mary; and that girl has certainly blossomed out just lately, the result, I believe, of association with Miss Aladdin."

Nancy laughed; and Matt said solemnly: "With all due respect to Miss Aladdin, I've a notion that our old brother is responsible for the change in Mary Taylor." He turned to view the unsuspecting couple seated on the long-promised cushions, they're both oblivious to the scenery."

"I'm sick to death of putting up picnic lunches," grumbled Aurora one bright May morning. "And why anybody in their senses should go to Cripple Creek when they could stay away, is something entirely beyond me. Not a trace in the whole town, Nancy Nelson! Not a growl 'thing' less than you count; and those awful prospect holes all over the hills look for all the world like open graves in a cemetery. And here's Miss Columbine as excited over the trip as if she'd never seen a mine's peak, let alone lived in one of the pesky places for months on end! Jack, you're to drink every drop of milk in this thermos bottle; and if you feel able to digest 'em, eat three bananas."

"You poor power-fattened! I can't to know if anybody does. It is true Eve Adams's takin' a whole roast chicken? I hope for your sakes her husband had the cookin' of it. Lookie like the Adams is neglectin' everything these days to take you gals into a time like this!"

Eve Adam laughed when Nancy repeated this caustic comment. "But who cares, my dear? We'll make up the neglected work after you leave us; and it warms my heart to see how Miss Columbine enjoys these trips. It gives her a new lease of life to visit the old scenes and talk of those times with young folks who are really interested."

Jack thrilled over that trip to Cripple Creek; but the day they visited the scene of Marsh Pemperton's colossal loss, stood out, a high light, in Nancy's memory. This was during the first week in June, a day with soft, white clouds drifting across the sky, and air like mid-summer. Their road led past ranches where men were ploughing immense acres; then on through mile after mile of yellow plains, dotted between Mark and Matthew in the old truck (the com-

Mark chuckled, and rounding a curve, announced: "Here's your pioneer cemetery. Nancy—the one Miss Columbine told about. Shall we view it from here, or are you determined to climb that slope in this hot sun?" "What did we come for?" the girl responded; and as Matt sprang down she took his astounding banter followed. "I wouldn't miss seeing this place for anything. Aren't you all coming?"

Mark shook his head. "I'm starving. I'm going to forage in the lunch box. What do you say, folks?"

This last was addressed to Luke and Mary, to whom the lunch box seemed more alluring than the cemetery. So it was with Matt alone that Nancy explored that tragic spot, looking down soberly on graves protected only by sagging fences, the marking on their wooden headboards almost obliterated—some wholly lost amid an overgrowth of weeds and bushes.

Perhaps it was the history of the place that silenced the young people. Neither spoke for a time; and then Nancy stopped, laying a spray of blossoming pink kininikinnik on one small unmarked resting place.

"Somebody's baby," she explained, flushing a bit for fear that Matt would think her sentimental; but to her relief he added:

"And all because of one man's greed. I'd have to be responsible for such a place, Nancy; yet when my time came I'd rather lie in this wild tangle than in a city cemetery with a neatly mowed lawn above me, and a 'perpetual care' sign over my head."

His voice was thoughtful, and with sudden inspiration the girl quoted:

"Under the wide and starry sky
Dog my grave and let me lie."

"Is that how you feel, Matt?" His eyes lighted at her intuition; but before he could reply, Mark's laughing voice broke in upon them.

"I took poetry and appropriate, young lady; but you two seem to have forgotten that we're on our way. The old folks have caught up with us, but they're too lazy to get out, and Jack's already explored this melancholy scene. There's still ten or twelve miles ahead if we're to get our lunch on the shore of the Platte, as Miss Columbine has set her heart on doing. Have some cake?"

Matthew, who longed to strangle his brother for this intrusion, nevertheless accepted his portion with good grace. "Cousin, Nancy caught me," he said. "You've saved my life, Mark! I'm almost pining out. Isn't the Platte the river we read about in history—I mean the one the pioneers were always fording?"

(To Be Continued)

Little Helps For This Week

Love is of God, and every one that loveth is born of God and knoweth God. I John 4:7.

Forbearing one another and forgiving one another. Colossians 3:13.

Oh, might we all our lineage prove,
Give and forgive, do good and love.
By soft endearments, in kind words,
Lightening the daily load of life.

We may if we choose make the worst of one another. Every one has his faults, every one his weak points, and we may fix our attention constantly on these. But we may also make the best of one another. We may forgive even as we hope to be forgiven. We may put ourselves in the place of others and ask ourselves what we would wish to be done to us were we in their place. By loving whatever is lovable in those around us, love will flow back from them to us and life will be a pleasure indeed instead of a pain. Earth will become like heaven and we shall not be unworthy followers of Him whose name is Love.

Used Live Exhibit
The only thing Johnny Crossland, in grade 7, could talk about was horses when members of his class in a Winnipeg school had to make speeches. So he couldn't give a proper address without a live exhibit. So into the classroom walked Johnny leading a white pony, with a saddle 'n' everything. He made a good speech, too.

Loss For Rome Zoo
The Rome zoological garden will be among the first to reap fruits of Italy's war of conquest in Ethiopia. Two small lion cubs were found by Italian soldiers when they captured Addis Ababa and have been shipped to Rome.

With overland casters, a bed foot-board has been converted into a bicycle in Portugal, England.

Air-conditioning is making rapid progress in Argentina. 2122

Use ROYAL YEAST CAKES to make these wholesome breads

For even-textured bread like this, follow the recipe on page 8 of the Royal Yeast Cake Book.

Children love Streamed Cakes and Sandwiches! Recipes on pages 8 and 12 of Royal Yeast Cake Book.

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The "Royal Yeast Cake Book" tells all about the art of breadmaking and gives tested recipes. "The Royal Road to Prosperity" explains how the Royal Yeast Cakes are a sure way to prosper your health.
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light, lasts 2 years
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ANTLES of purest crystal snow spreading over glen and vale, the smooth sparkling ice surface of rivers and lakes and the joyous tinkling of sleigh-bells remind one that the season for beautiful and enjoyable winter sports is again at hand. Other forms of recreational activities are, for the time being, quite forgotten. The toboggan, sled, and sled are taken from their summer store-house and properly conditioned for the season's festivities. Children whose years scarcely exceed the finger-numerals of a hand, youths of teen age, adults of middle life and frequently those whose years are well extended toward the allotted span of life, all join in the enjoyment of typical Canadian winter sports.

During the winter season every settled area in Canada is as early as possible by railroad as in the summer and autumn months. Many miles of provincial highways are kept free of snow enabling the motorist to reach cities, towns and villages of international repute as winter sport centers. Nearly everywhere are natural sites for sleighing, snowshoeing and tobogganing. Covered slides for hockey skating and curling are found in cities, towns and many smaller centres, while open-air rinks are legion. Carnival fairs, including bonspiel, toboggan racing, hockey matches, figure skating competitions, ski-jumping contests, marathon, cross-country, and fireworks displays, add greatly to the enjoyment of a Canadian winter vacation.

The National Parks of Canada, Department of the Interior, Ottawa, will gladly supply information pertaining to Canada's winter sport attractions.

Poppy Day

Poignant reminder of those precious days of glory and grieving, "Poppy Day" once more serves to prompt the citizens of this country in the duties they have inherited from the past generation. To Canadian youth in this year of grace the deep-red petals of the Poppy may not carry the same significance they bore to the youth of seventeen years ago. The symbolism of sacrifice with which the Poppy has become charged is something to which the present generation succeeds only through the wistful memories of the aging men fought their country's battles, who suffered privations, endured long agonies and finally triumphed amid surroundings carpeted with Poppies.

To wear this humble emblem on Poppy day is to proclaim that amid all the juggling confusion through which this country is striving valiantly to penetrate the heart and mind are nevertheless attuned to a sense of homogeneity those men whose patriotism inspired 633,000 Canadians to offer themselves for service between 1914 and 1918; of that number more than 60,000 found graves in France and Belgium. And it is over those graves that the Poppy blows its perennial bloom.

The numbered dead were not strangers. They were young Canadians, filled with the joy of living. So also, were the 170,000 men who in 1915 bore upon their bodies the marks and scars of war—the disabled ex-service man who suffered disablement on behalf of Canada.

To manifest that proud recognition of their place in this country, to mark that tribute which is their due, Poppy Day has been set aside in order that all may join in recalling the Great Sorrow.

The blood-red emblems distributed throughout Canada by the Canadian Legion's vast volunteer organization are the product of disabled veterans, men striving to maintain themselves in the Veterans' Shops, administered by the Dominion Government. To purchase a Poppy is a small thing. For every citizen to do so is a big thing.

Let us all wear a Poppy on Poppy Day.

Are you hurt? asked the excited motorist after the accident.

No, replied the butcher boy, but I can't find my liver.

Bow Valley Resource

Independent

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NORMAN G. CARY,
Publisher

Begin at Home

In speaking of a persons faults
Pray don't forget your own
Remember those with house of
glass

Should never throw a stone,
If we have nothing else to do
But talk of those who sin,
The better we commence at
home,
And from that point begin.

We have no right to judge a
man

Until he's fairly tried;
Should we not like his company
We know the world is wide.
Some have their faults—and
who has not?

The old as well as young,
Perhaps we may, for aught we
know,
Have fifty to their one

I'll tell you of a better plan,
And find it works full well,
To try my own defects to cure
Before of others I tell

And though I hope sometimes
to be

No worse than some I know,
My own shortcomings bid me
let

The faults of others go.

Then let us all, when we begin
To slander friend or foe,
Think of the harm one word
may do

To those who little know,
Remember, cures sometimes,
like

Our chickens, 'root at home',
Don't speak of other's faults
until

We have none of our own.

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11.45 a.m. Morning Worship

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11.30 a.m. — Morning Worship.
8.00 p.m. — Evening Service.

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